

COMMUNITY CONNECTION

A NEWSLETTER FOR FRIENDS OF EVANSVILLE STATE HOSPITAL

A NIGHT IN PARIS—2010 SUPERINTENDENT'S BALL

By Terri Morris, Director-Vocational/Education Department



The big band music of the Temple-Airs had everyone up and dancing the night away.

The 8th Superintendent's Ball, A Night in Paris, was held Friday evening, May 21st in the hospital's gymnasium. 79 residents attended the annual event and were treated once again to the musical talents of **The Temple-Airs**. Executive Staff members **Steve Cruse, Buff Wallace-Fallen, Patti English, Sandy Morell, and Melinda Kendle** took part in the fun evening of dancing. Everywhere you looked were street scenes from Paris, bright tissue paper flowers, and hot pink accessories against the romantic black motif. A large rendition of the Eiffel Tower,

donated by **Reitz High School**, stood near the café where residents sat at a round skirted table with a simple vase of pink roses for a photo op. Everyone had fun preparing themselves for the gala, with a make-shift retail store in the Treatment Mall for trying on dress suits, gowns, and fancy apparel. The beauty shop was booming with last minute hair cuts and requests for up-do's. Formal wear was provided by donations from **ESH staff, Christian Life Center, and Newburgh United Methodist Church**. The special dinner was prepared by our great chefs in the hospital's **Dietary Department** and consisted of a French cuisine meal of chicken cordon bleu, broccoli casserole, homemade crescent rolls, tea and flavored coffees, and chocolate French silk pie. Everyone had a great time. Until next year...Au revoir!

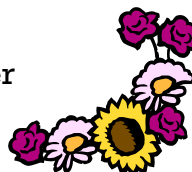


Mental Health America's 2nd Ride for Recovery will take place on Sunday, August 22 at IKRCC training facility (5400 Covert Court, Newburgh, off State Rt 662 near Stacer/Frontage Rds). The event features an 88 mile benefit ride, classic car cruise-in, barbecue meals, musical performances, and games of skill (corn hole and beat the clock challenges). Come on out and enjoy the fun while supporting MHA! If you'd like to volunteer at the event, please contact Community Services at 812-469-6800, ext. 4970.

Inside this issue:

NEW NURSING EMPLOYEES

Jacqueline Anderson
Cindi Lindler
Jodi Overton
Kimberly Scherer
Jill Mayo
Terry Rexing
Katie Whitaker



GOODBYE

Cathy Crouch, Voc Rehab/CIP
Ginger Downey, Nursing Service
Beth Schnell, Medical Support



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PATIENT HIGHLIGHTS

Summer Olympics

Summer sports were the focus of the June 4 Summer Olympics held in the Activity Therapy Courtyard. The opening ceremonies included a parade of floats. Each unit was given the identical materials to erect their float; supplies included crepe paper, toilet paper rolls, construction paper, cardboard boxes, balloons, paper plates, yarn, plastic cups, gold doilies, aluminum foil, and tissue paper. The patients and staff spent a great deal of time erecting the floats and they turned out fabulous! Many of the floats included the Olympic rings, medals, stars, torches, and fireworks. The floats were judged with D Unit rated as the favorite. The winning float included a weight lifter, gymnast on a balance beam, soccer field, and a variety of sports balls.



The D Unit float was voted the favorite.

Morning activities included team members from the employee Spring Walking Challenge competing in a speed walking challenge. **E team members Bambi Barlett, Mindy Miller, and Tonya Smith** were victorious in walking around the courtyard in the fastest time. Afternoon festivities included sports challenges, many of them timed, such as a football toss, corn hole challenge, basketball shoot-out, stationary bike riding, bowling, ping pong toss, and calisthenics. Special guests were **USI's Eagles Soccer Team members Chelsea Connell and Simon Rawnsley along with coach Krissy Engelbrecht**. The soccer players demonstrated some basic soccer skills and participated in a soccer challenge which involved the fundamentals of dribbling, shooting, and passing the ball.



Luau Full of Crafts and Outdoor Fun

With spring on it's way out and summer just ahead, patients on G Unit were treated to a luau on Friday, May 7. Staff and patients rallied to decorate the unit and courtyard with tropical images of pink flamingos, palm trees, and colorful parrots. Activities included designing beach hats, beach ball volleyball, hula hoops, and the limbo. Everyone received a lei to wear.

Raise The Roof

SUNDAY, AUGUST 8
GYM AT 2:00 P.M.



Do you sing, play an instrument, or belong to a musical group? We're looking for talented individuals for the spiritual celebration on Sunday, August 8. Contact Susan at 812-469-6800, ext. 4932 to sign up.

Book Give-Away Nets 220 Books for ESH Library

Evansville State Hospital was invited to the **Marion County Public Library's "Book Give-Away"** on Monday, May 24. ESH's Patient library was able to obtain 131 non-fiction books and 80 fiction books for a total of 220 books! The new book price of these reading materials would have cost \$3,113.02.



CHARITABLE GIVING

Homeward Bound: \$325.05 was collected by hospital employees and brought to the June 12 fundraiser to benefit agencies that help the homeless in our area. Congratulations to **Derek Green, Pharmacy Director**, who finished first in his age division at the 5K Run/Walk event. His wife Tara also finished first in her age division. Team members **Vicki Knight, Theresa Arvin, Derek Green, Sue Austin, Melinda Kendle, Sandy Young, and Becky Brunner** along with friends from **Crossroads Christian Church 2:42 Group** and family members **Jason Arvin, and Tara, Abigail, and Ethan Green** participated in this year's event.



Team members take a break after the walk on the steps of the Old Courthouse, Downtown Evansville. Pictured are Melinda Kendle, Sue Austin, Sandy Young, Tara Green, Derek Green, and Jason Arvin.

SECC Campaign: June and July auction items raised \$236 for local hospice agencies, \$218 for Evansville's Ronald McDonald House, and \$92 for Komen for the Cure. Thanks to Fiscal Management, Carolyn Ficker, and Human Resources for the donated items.

Wellness Training Continues: With the additional training this summer, a total of 65 ESH employees have been trained on the Wellness Recovery Action Plan. 16 employees attended the June 9-11 intensive training sessions for those who will have direct responsibility in developing and implementing WRAP services with our patients. On July 15, a one-day training is planned for clinical staff who will be providing necessary daily supports to our residents as they effectively utilize and practice their wellness plans.

WRAP is a self management recovery system designed to increase personal responsibility, and improve the quality of life for people who experience mental illness. Individuals learn how to use simple, safe strategies, supports, and personal skills to reduce and/or eliminate psychiatric symptoms. The WRAP plan reinforces the transformation message that recovery is possible and attainable for individuals with mental illness and addictive disorders. WRAP's self designed plan encourages action steps towards maintaining wellness as well as action steps for crisis management. The plan promotes resiliency as it taps into an individual's strengths and involves support and recovery efforts from community resources.



Spring Walk Challenge: Congratulations to **F Unit team members Mary Evans, Pat Vortriede, Sue Miller, Carolyn Williams, and Jessica Golba** for placing first in E Shape's Spring Walk Challenge, April 5-May 28. 49 employees on nine teams competed in the eight week challenge logging in 6,206 miles. The F Unit team walked a total of 1,093 miles earning the champion traveling trophy, baby sneakers on a wooden plaque. All participants received guest passes to local fitness centers.

Silver Award



Evansville State Hospital received the Silver Award from Joint Commission for accomplishing a 75% rate of flu vaccinations in 2009.

COMMUNITY CONNECTION is published every other month for friends of Evansville State Hospital. News items are welcome and should be submitted to the Community Services Office.

Newsletter contributors: Cathe Fulcher, Donna Gregory, Donna Mesker, Dennis Thomas, Terri Morris, Vicki Sprengel, Buff Wallace-Fallen, Dr. Melba Briones



Editor: Theresa Arvin
Evansville State Hospital
3400 Lincoln Avenue
Evansville, IN 47714
(812) 469-6800, ext. 4970
Theresa.Arvin@fssa.in.gov

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WWW.IN.GOV



HEAT RELATED ILLNESSES By Dr. Melba Briones

As the temperature rises during the summer months, so do concerns about the occurrence of Heat Related Illnesses. High temperatures coupled with high humidity can cause health problems quickly with little warning. Types of heat related illnesses:

1. Miliaria (heat rash) - A skin irritation likely to occur in the neck, upper chest, groin under the breasts and in elbow creases and caused by excessive sweating during hot and humid weather. While common in infants, it is benign and may resolve without specific treatment.
2. Heat edema—Edema is usually mild and involves the hands and feet. This is caused by vasodilation and pooling of interstitial fluids in the dependent extremities. Treatment consists of moving to a cooler environment, elevation of extremities and use of compression stockings. Avoid diuretics.
3. Heat syncope—A fainting episode or dizziness that usually occurs to those who remain standing after significant exertion. Move to a cool environment, sit/lie down, and drink water, clear juices, or sports beverages slowly.
4. Heat cramps—Painful muscular cramping in the abdomen, arms, and legs, that may occur during or after exertion in a hot environment. Sweating during strenuous activity depletes the body's salt and moisture level. Low salt levels in muscles cause the painful cramps. Stop all activity and sit in a cool place. Give fluids or salt containing liquids. Medical help may be needed for heart patients or if cramps do not subside in an hour.
5. Heat Tetany—Heat stress may cause hyperventilation. Persons often complain of tingling or burning around the mouth. Move to a cooler environment which usually ceases the hyperventilation. If symptoms persist, an oxygen mask with oxygen flow may help.
6. Heat Exhaustion—The body's response to an excessive loss of water and salt usually through excessive sweating. At risk are the elderly, those with high blood pressure, and those working in a hot environment. Symptoms include elevated body temperature, tachycardia, nausea and vomiting, headache, fatigue and weakness, severe thirst, and confusion. Move to a cool place, remove excessive clothing, and give chilled salt containing liquids such as Gatorade.
7. Heat Stroke—The most serious heat related disorder occurring when the body becomes unable to control its temperature which rises rapidly. The body temperature can go up to 106°F or higher within 10-15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not given. Symptoms are hot dry skin, no sweating, hallucinations, chills, throbbing headache, high body temperature, confusion, dizziness, and slurred speech. Move to a cooler environment, remove clothing, and spray mist of lukewarm water while air is circulated with large fan. Immersing in ice water is the most effective method of cooling. The individual may need hospitalization for medical treatment.

When exposure to extreme heat cannot be avoided, these steps can help prevent heat related illnesses:

- 1) wear light colored, loose fitting, breathable clothing such as cotton; 2) gradually build up your activities; 3) schedule your outdoor exercises during the coolest part of the day; 4) take breaks in the shade/cool area; 5) drink water frequently; 6) avoid drinks with caffeine, alcohol, and large amounts of sugar; 7) be aware that protective clothing may increase the risk of heat stress; and 8) monitor your physical condition frequently.